



# BREAKFAST

# LUNCH

# DINNER



# WORKOUT

TO REV UP YOUR METABOLISM, DO THIS QUICK WORKOUT BEFORE YOU EAT!  
MWR TRAINER TIP: BEGINNERS START WITH ONE WORKOUT PER DAY AND INCREASE TO 2-3 WORKOUTS PER DAY AS YOU BECOME STRONGER.



15 SQUATS



10 PUSHUPS



20 JACKS



20 CRUNCHES



STRETCH

